



Division of
Mental Health
and Addictions.

Logansport State Hospital

The Spectrum

In this issue:

Cover

Love To Read?
..... 2

Wellness
Initiative
Committee
Communication
..... 3-5

Retirement6

Q-tips.....7

Policy Updates
..... 7

Arts~n'~facts ..
..... 8 & 9

Changes9

Culinary Corner
.....10

40's 10 & 11

Fresh Feature .
.....11

Sneaky Snaps.
.....12

Fair12

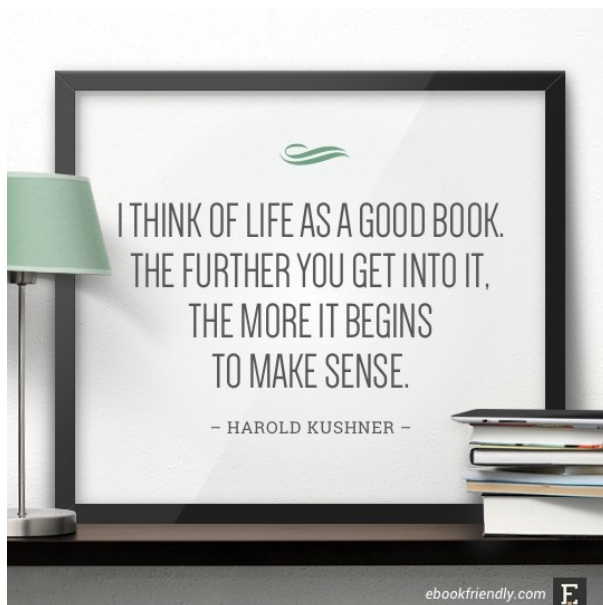
Who Am I?
.....13

Vol. 25, No. 6
June
2015

Humana Vitality®



HAVE YOU REACHED SILVER?





Love to Read?

Find one of the following locations around the hospital where staff share books, magazine, cook books, etc and check-out or donate some reading material.

-  Dodds 2 Glass Room by the Elevator
-  Employee Break Room across from Pharmacy/Allied Health

If you know of any additional locations that are not included let us know and we can add them to the list.

You can also donate magazines to Allied Health Clinic for the waiting room. Make sure to remove your name and address if it is a subscription and drop them off to Sarah Rutschmann. Our patients and staff thank you!



SPECTRUM

Logansport State Hospital
1098 S. State Rd. 25
Logansport, Indiana 46947

The Spectrum is published and distributed on the second payday of each month for employees, retirees, and friends of Logansport State Hospital.

Darrin Monroe	Editor & Photographer ...	ext. 3803
Chris Taylor.....	Comm. Services	ext. 3709
Brian Newell.....	Librarian	ext. 3712
Jani Foreman	Staff Development.....	ext. 3800
Ramona Weiss.....	Isaac Ray	ext. 3290

LSH Wellness Initiative Committee Communication

National Safety Month

June is National Safety Month and is sponsored by the National Safety Council whose Mission is promote safety at home, at work and on the road.

Per the National Safety Council, “Everyone has something they live to see or experience. No matter what your passion is, we engage in safe behaviors so we can live for what matters to us. This June, we are celebrating your passions with the theme of “What I Live For.”

<http://www.nsc.org/act/events/Pages/national-safety-month.aspx>

The National Safety Council publishes safety information on a number of topics and a topic pertinent to LSH is Ergonomics. “Ergonomics is a science that deals with designing and arranging things so that people can use them easily and safely” and it also “refers to the parts or qualities of something's design that make it easy to use” (Definition from

<http://www.merriam-webster.com/dictionary/ergonomics>).

See the following tips from the National Safety Council on Ergonomics

Safety check: Ergonomics

Lift safely Tips

“Improper lifting technique can lead to strains, dislocations and even muscle tears, with most injuries occurring in the back. Whether you’re organizing your inventory or decorating your home, make sure you’re practicing these safe-lifting guidelines.

- Stretch beforehand so your body gets warmed up
- Keep your back straight and bend your knees – remember to never twist or bend your back
- Make sure you’re on solid ground with your feet shoulder-width apart
- Keep the box or object close to your body
- Lift with your legs, not your back
- Limit the amount of weight you carry – it’s better to separate boxes or make two trips than to carry too much at once
- Ask for help to carry heavy, bulky or large loads
- Keep pathways clear of tripping hazards”

Office Safety Tips

Make sure your office is set up ergonomically correct.

- “Chairs have proper lumbar and arm support, and can be adjusted for height
- Feet are flat on the ground or footrest
- Viewing distance from your eyes to the monitor is at least 18 inches
- Keyboard and mouse are at approximately elbow height
- Lighting is sufficient enough that you don’t have to strain, but not too bright where glare is an issue

- Proper accessories, such as a document holder or phone headset, may be necessary depending on the work”

0315 900006815 © 2015 National Safety Council

<http://www.nsc.org/Membership%20Site%20Document%20Library/NSM-2015-materials/NSM2015-checklist-ergo.pdf>

Post Traumatic Stress Disorder Awareness

According to the National Child Traumatic Stress Network,

“In order to bring greater awareness to the issue of posttraumatic stress disorder (PTSD), the United States Senate designated June 27th as National PTSD Awareness Day. In addition, June has been designated as PTSD Awareness Month by the National Center for PTSD (NCPTSD).

The U.S. Department of Veterans Affairs’ National Center for PTSD was created in 1989 by a congressional mandate to address the needs of veterans with military-related PTSD. The center’s mission is to “advance the clinical care and social welfare of America’s veterans through research, education, and training in the science, diagnosis, and treatment of PTSD and stress-related disorders.”

Information Retrieved 6/2/15 from <http://www.nctsn.org/resources/public-awareness/national-ptsd-awareness-day>

What is Post Traumatic Stress Disorder?

“According to the NCPTSD, PTSD is an anxiety disorder resulting from exposure to a single traumatic event or multiple traumatic events, such as sexual or physical assault, natural or man-made disaster, and war-related combat stress. Symptoms of PTSD include persistent intrusive thoughts and distressing dreams about the traumatic event, triggered emotional responses to reminders of the trauma, efforts to avoid thinking or talking about the trauma, and persistent hypervigilance for cues that indicate additional danger or trauma re-occurring.”

<http://www.nctsn.org/resources/public-awareness/national-ptsd-awareness-day>

The following information is from the National Center for PTSD a Division of the US Department of Veterans Affairs.

What are the symptoms of PTSD?

“ Four main symptoms of PTSD include,

1. Reliving the event,
2. Avoiding situations that remind you of the event,
3. Negative changes in beliefs and feelings
4. Feeling keyed up.

Other problems related to PTSD include,

- feelings of hopelessness, shame, or despair,
- depression or anxiety, drinking or drug problems,
- physical symptoms or chronic pain,
- employment problems,
- and relationship problems, including divorce.

Symptoms of PTSD usually start soon after the traumatic event, but may not appear until months or year later and the symptoms may come and go.”

What are the treatments for PTSD?

“The two main types of treatment for PTSD are psychotherapy (counseling) and medication.

Psychotherapy for PTSD

Psychotherapy, or counseling, involves meeting with a therapist. There are different types of psychotherapy:

- Cognitive behavioral therapy (CBT) is the most effective treatment for PTSD. There are different types of CBT, such as cognitive therapy and exposure therapy.
- One type is Cognitive Processing Therapy (CPT) where you learn skills to understand how trauma changed your thoughts and feelings.
- Another type is Prolonged Exposure (PE) therapy where you talk about your trauma repeatedly until memories are no longer upsetting. You also go to places that are safe, but that you have been staying away from because they are related to the trauma.
- A similar kind of therapy is called Eye Movement Desensitization and Reprocessing (EMDR), which involves focusing on sounds or hand movements while you talk about the trauma.



Medications for PTSD

Medications can be effective too. A type of drug known as a selective serotonin reuptake inhibitor (SSRI), which is also used for depression, is effective for PTSD. Another medication called Prazosin has been found to be helpful in decreasing nightmares related to the trauma.

IMPORTANT: Benzodiazepines and atypical antipsychotics should generally be avoided for PTSD treatment because they do not treat the core PTSD symptoms.”

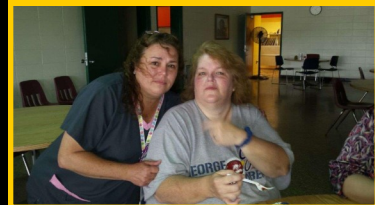
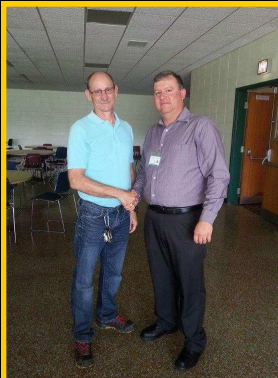
Image retrieved 6/2/15 from: http://www.google.com/imgres?imgurl=https://s-media-cache-ak0.pinimg.com/736x/cc/2e/34/cc2e346b959b01627c5d0d6044a280.jpg&imgrefurl=https://www.pinterest.com/hermyhiswifey/for-brandon/&h=221&w=228&itmid=x0Rc/GaEPT_AGM:&zoom=1&docid=RF60w2i3SbkDM&ei=RIuVc7K0oHSoATi3YL1Ag&itbm=isch&ved=0CCAQMgDMAM

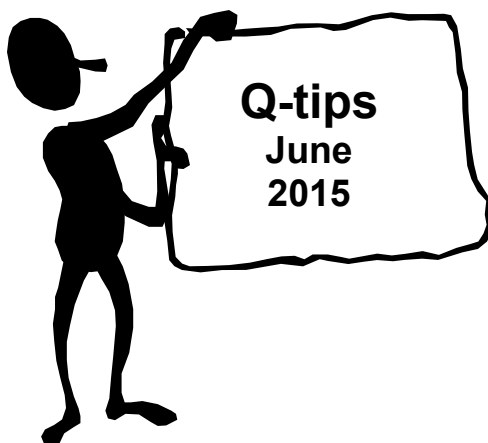


Sincerely,
LSH Wellness Committee Members

Cynthia Bruce, Adaline Cunningham, Becky Dutton, Juanita Jackson,
Michael Jefferson, Rena Magers, Darrin Monroe, Sarah
Rutschmann, and Kathy Pattee

Happy Retirement Jerry Frame





Continuous Readiness Reminders

■ Tracer Teams

By Quality Management

The Tracer Teams are back in action! It is time to begin preparing for the next Joint Commission survey. We anticipate that the survey will occur next summer, however, surveyors can show up unannounced at any time.

The Tracer Teams will conduct weekly tracers on a variety of topics for each unit. The Tracer Teams will ask questions of staff while at the same time provide clarification and education on any identified issues. The purpose is to identify issues that need improvement and to assist staff with becoming comfortable with the tracer process. Tracer topics include:

- Observation/discussion of unit programming
- National Patient Safety Goals
- Patient Rights
- Communication
- Safety
- High risk issues

Policy Updates

The following LSH policies were reviewed in April:

C-14 Ground Privileges

C-37 Psychiatric Residents

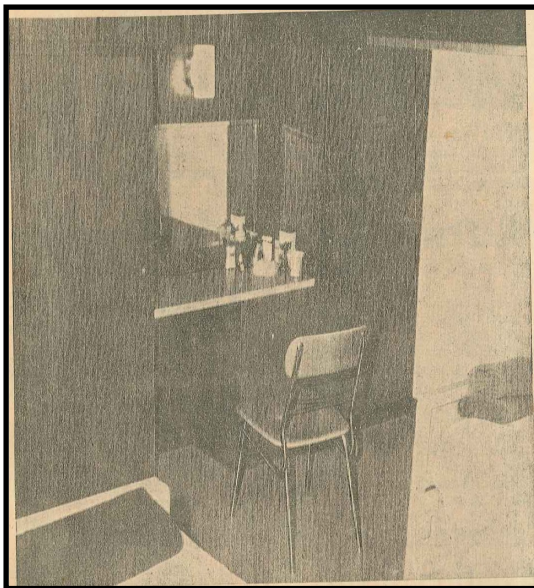
A-40 Student Internship/Practicum

A-52 Patient Rights and Responsibilities

All updated policies can be found on the Intranet.

Arts-'n-facts

Longcliff Museum Art-'n-facts 1960's
Occupy \$379,054 Ward Building At Longcliff



NEW BEDROOM FACILITIES—Female patients in the newly opened Longcliff ward building have their own vanity and built-in wardrobe space for the first time in their two-bed rooms. “Only those patients who have shown themselves to be good citizens are being moved into the new quarters,” Superintendent Ernest Fogel said. (Staff Photo)

Opening of the completely reconstructed ward building immediately east of the Logansport state hospital administration building this week is important for two reasons, according to Dr. Ernest Fogel, superintendent.

The \$379,054 rehabilitation project is permitting the 127 female patients who are being moved into the building to live more nearly like people outside the institution, the superintendent pointed out. It also is serving as a model of what can be done to convert old buildings to modern facilities.

The first 36 patients from I ward were moved into the new building Tuesday. Others from wards 4 and 6 will be moved in later this week.

The reconstructed building, the only ward building at Longcliff that is completely fireproof is also the only one without a dormitory. Most of the patients, instead, will sleep in two-bed rooms with a few in three-bed rooms.

It has partitions five and a half feet high separating the rooms instead of ceiling high walls, giving patients less closed-in feeling and at the same time providing privacy and better circulation of air.

Each of the bedrooms has a built-in dressers, wardrobes and dressing tables, with bed lights as well s room lights. T here is a central linen room for the entire building and washers and driers are available for patient use.

Not only will the patients do their own washing and ironing but they will set up committees to arrange the housecleaning and the furniture arrangement. Each of the rooms is furnished in modern décor.

The opening of the building is the culmination of a project that began four years ago when the hospital first asked for the employment of an architect to draw the plans. Contracts were let in November, 1963.

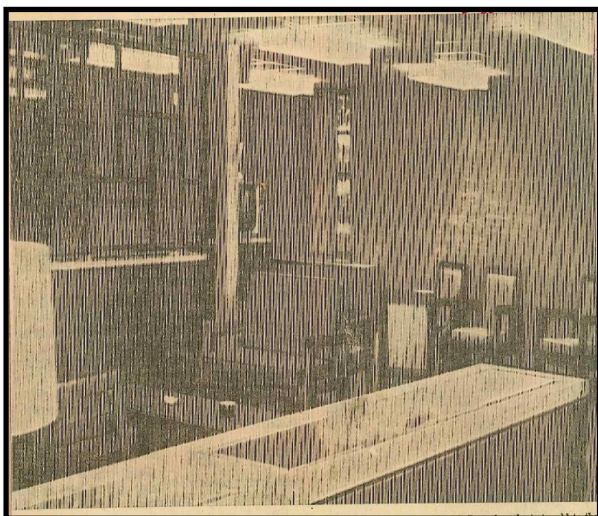
Woolley, Marcia J.
Woolley, Marcia J.

CN3-L2N-Eve.
CN3-L2N-Eve.

The ole two-story building was changed into a three-story structure and the number of beds was increased by 26.

Only the shell of the old building was left.

The local firm of Medland and Bowman drew the plans for the building. Construction Associ-



PATIENTS' DAY ROOM—The planters in the foreground of the low-ceilinged day room of the newly opened Longcliff ward building will be filled with flowering plants to add to the modern décor of the attractive living quarters

(Staff Photo) Logansport Pharos-Tribune
June 2, 1965)

New Staff, Separation from LSH & Classification Changes

Please introduce yourself and welcome new Staff at Logansport State Hospital.

New Staff:

Woolley, Marcia J.	- CN3-L2N-Eve.
Grider, Jason A.	- LPN-IR2W-Day
Baber, Brian	- Maint. Repair
Rodriquez, Ambrosia J.	- SAT-L1N-Mid.
Sherry O'Connor	- RN-Mid.

Classification Changes:

Black, Stacey	- Nurse 4-L1N-Day
Hardy, Marla	- SAT-IR2E-Mid.

Culinary Corner

TOPLESS REUBEN



295 Calories

Servings: 1

INGREDIENTS:

- ¼ c. sauerkraut, rinsed
- Dash caraway seeds
- 1 slice rye or whole wheat bread, toasted
- 1 tsp. mustard
- 1 oz. cooked, sliced turkey
- 1 oz sliced Swiss cheese
- 4 slices tomato

DIRECTIONS:

- In a small sauce pan or microwave dish, heat sauerkraut with caraway seeds. Drain well.
- Spread toast with mustard and top with turkey.
- Spread sauerkraut over turkey and top with cheese.
- Heat in microwave or toaster oven until warmed through and cheese begins to melt. Top with tomato slices.

NOTE: This sandwich can be assembled the night before. Refrigerate overnight.

MENU:

- TOPLESS RUEBUN
- Celery and carrot sticks
- 1 Kiwifruit
- Mineral water

Richard Simmons Cookbook

40's – Watching Your Sugar

In this decade sugar is your nemesis. "People aren't keeping track of their sugar. To maintain their energy levels, they have to have caffeine and a sugar jolt." Why is too much sugar dangerous to your heart? A recent study published in JAMA International Medicine suggests one important reason:

Empty sugar calories fill you up so you're not hungry for the foods your body really needs.

Too much sugar is known to raise blood pressure. And diets high in sugar may cause your liver to secrete harmful fats into your bloodstream. Be especially mindful of the amount of sugar you add to your coffee and tea, and how many sodas and energy drinks you consume a day They really add up!!!

FRESH FEATURE

No act of kindness,
no matter how small,
is ever wasted.
- Aesop

A random act of kindness is an unexpected act of charity or helpfulness and is often done for a stranger.

What Is a Random Act of Kindness?

The term random act of [kindness](#) is generally attributed to Anne Herbert who wrote, "Practice random kindness and senseless acts of beauty" on a restaurant place mat. The term refers to selfless acts, both large and small, that are committed unexpectedly, without prompting and with no apparent ulterior motive. Examples might include paying for a coffee for the person in line behind you at the coffee shop, helping a person cross the street, or offering to help soothe a crying baby while the parents finish shopping. People generally use the term to refer to acts performed for strangers, but random acts of kindness can also be done for [friends](#) and family.

Random Acts of Kindness and Mental Health

Random acts of kindness may help to improve mental health. There is some evidence that working to help others can be a way to cope positively with one's own problems. Some people find that their own problems seem less severe when they help others, and the positive regard many people receive when they do kind things can help improve their [mood](#). While a random act of kindness is not a substitute for mental health treatment, it can help people feel better about themselves and those around them.

Ideas for Enacting Random Acts of Kindness

There are a number of ways you can show kindness to someone unexpectedly. Here are a few simple suggestions:

- Send a handwritten letter to someone you care about.
- Thank someone who provides a service to you.
- Offer to help when you see someone burdened.
- Pay someone a compliment.
- Assist a neighbor or co-worker

GoodTherapy.org



Sneaky



Snaps!



**G
O
T
C
H
A**



**G
O
T
C
H
A**

LSH employee Brian Newell (L) along with former LSH employee Donald Rutschmann (third from Left) caught singing in a Barbershop Quartet.

Be on the lookout for Darrin and his camera. You may be the next person caught in the act.

Who's Next?

Come See Us at the Fair

July 6, Thru July 10, 2015
5:30 PM – 9:30 PM
Merchants Building #2

Sign up for nightly door prizes.

Anyone that would like to volunteer to work at the LSH booth,
please contact Chris Taylor @ 3709.

Who Am I?

Can you guess who is behind the ? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by July 16, 2015.

Employees with correct answers will have their names put into a drawing, sponsored by the Morale Boosters, for a chance to win a free one dollar certificate from McDonald's.

Winner Will Be Announced In The Next Spectrum.



Superintendent, Rob Clover (L) and Tonya Stuber (R) .



Congratulations to Holly Oldhambalmer for guessing Tonya Stuber pictured as the last "Who Am I?"

If you have a picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.